

**SPEED-CONTROLLED EXERCISE METHOD AND APPARATUS****ABSTRACT**

5 An exercise device usable for closely simulating natural exercise is provided. Preferably exercise is provided which presents resistance to both backward leg movement and forward leg movement. Preferably the apparatus can be configured to control speed based on the fore-aft position of the user and without the need for inputting controls, instructions or adjustments manually. Preferably, the device provides for arm exercise which permits the arms to be moved alternately, in parallel, one at a time, or not at all. In one embodiment the same resistance device which provides resistance to leg movement also provides resistance to arm movement, e.g., such that an increase in arm exercise permits a decrease in leg exercise effort while maintaining a constant level of overall effort or speed.